



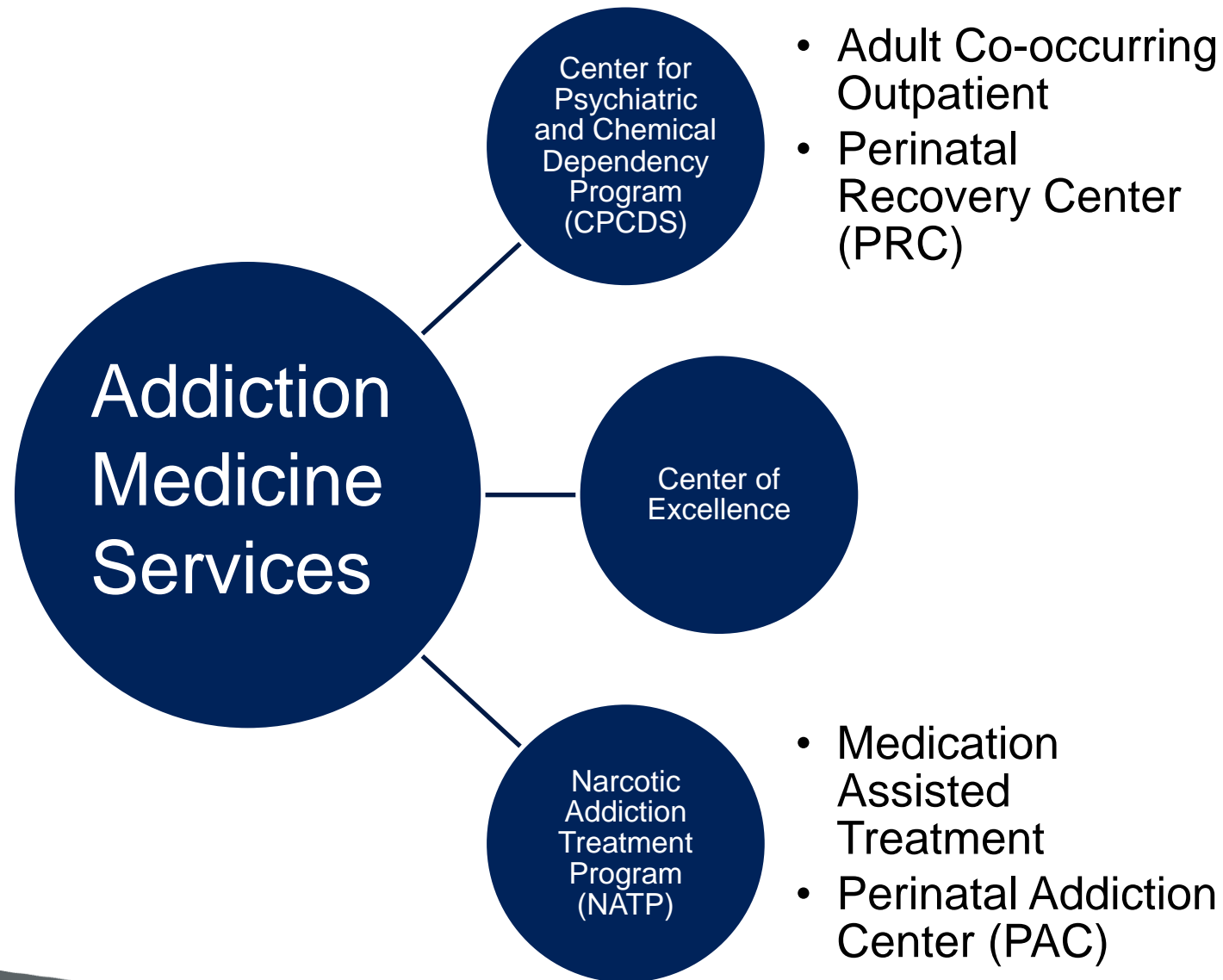
# **Center for Psychiatric and Chemical Dependency Services (CPCDS)**

Pregnancy Recovery Center  
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# Treatment Works...But Access and Engagement are Poor

- MAT is not a stand-alone approach:
  - It is part of an overall science-based approach to treatment that includes behavioral, cognitive and other interventions
- Patients receiving psychosocial treatment have better outcomes than patients who do not
- Nationally, only approximately 20% of patients with opioid use disorder receive treatment
- In PA Medicaid (2013)
  - Less than 50% patients with opioid use disorder initiate treatment and 33% stay engaged beyond 30 days

# About Us



# Services Offered

- Dual Diagnosis Treatment
- Individual and group therapy
- Psycho-educational and relapse prevention groups
- Psychiatric Evaluations
- Childcare during group therapy appointments
- Case Management Services
- Community Referrals
- Aftercare and Discharge Planning

# Starting Treatment

- Pregnant women and mothers who have co-occurring disorders(substance use and/or mental health).
- Pregnant women and mothers who have been converted to subutex maintenance that they are receiving at PRC through Magee-Women's Hospital.
- Women and mothers who have recently delivered within the past 5 years who are living with addiction and maintained on Buprenorphine opioid assisted therapy by a provider of their choice.

# Intake Process

- Patients who are pregnant and referred for treatment by Magee-Women's Hospital PRC program will first complete a medical assessment at PRC
- Consumer's expectations
- History of Psychiatric Illness and Symptoms
- Drug and Alcohol History
  - Chemical Usage History
  - Prior Treatment Episodes
  - Substance abuse history of the family or of significant others
  - Gambling and Other Addictions
- Family Medical History
- Risk Assessment
- Personal History
- Medical History

# Ongoing Treatment

- Following completion of the intake a recommendation is made concerning the amount of therapy needed on a monthly basis.
- Although patients are required to attend 2.5 hours/month recommendations are made based on clinical necessity.

# Treatment

## Group Therapy

- Relapse Prevention
- Parenting
- Women's Issues
- Mental Health
- Relationships

## Individual Therapy

- Identifying coping skills
- Managing life issues
- Increasing support system
- Identifying high risk situations
- Creating a relapse prevention plan



# Successful Completion of Treatment

- Successful completion of treatment is achieved when the patient has completed goals from their individualized treatment plan.
- Some of these goals may include:
  - Illicit use has stopped
  - Life issues are more manageable
  - Ability to implement positive behaviors
  - Support systems are in place
  - If dual diagnosis: symptoms are manageable and stable on medications if needed.

\*Patients are not bound to complete treatment within any required period of time, as this is a very individualized process.